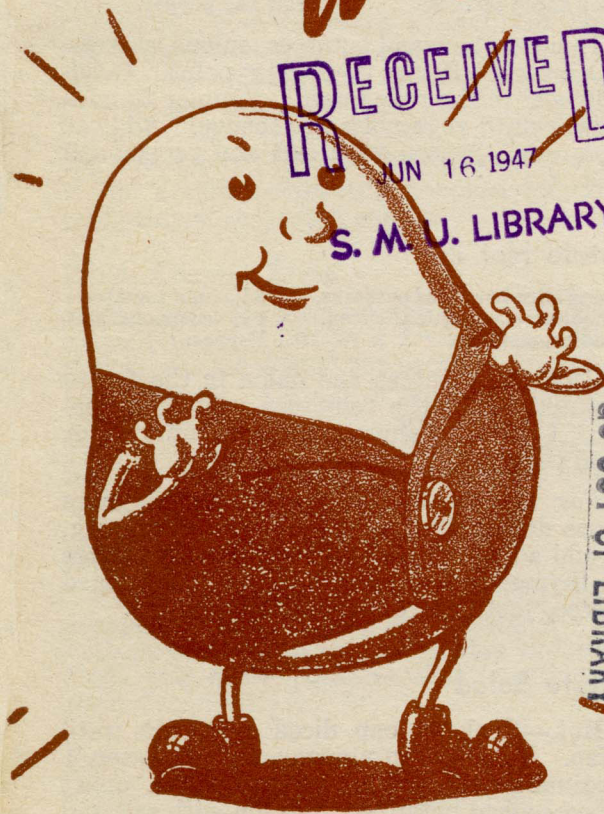


SCIENCE
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Potatoes in Popular Ways

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U S. DEPARTMENT OF AGRICULTURE

Please pass the Potatoes

Taters . . . spuds . . . murphies . . . Irish—call them what you will—potatoes belong on your priority list of foods for year-round eating.



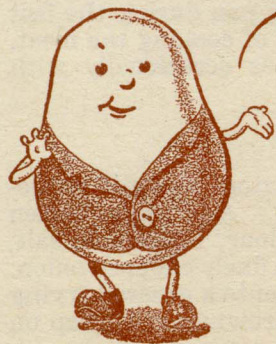
And Here's Why

- Potatoes pack good food values under their brown jackets. When you eat them daily, you can get as much as one-fourth of your vitamin C quota, besides some of the B vitamins, iron and other important minerals, and starch.

- Potatoes are a cheap energy food. Penny for penny, they have more energy-giving value than any other vegetable.

- Potatoes fit into any meal. You may serve them at breakfast, dinner, or supper.

- And potatoes need not be fattening. One medium-sized potato has about 100 calories—no more than an apple or banana, and only half the calories of a medium-sized piece of pie or a hamburger and roll. If you're watching weight, watch what you put on the potatoes. It's the gravy, butter, or other fat that "piles up" calories. And it's the total of all the foods you eat that adds the pounds.



THE BEST
POTATOES
WEAR THEIR
JACKETS
TO DINNER

Potato Tips

Best potatoes are firm and clean, have shallow eyes, and no cuts, decay, or green spots.

For good mashed or baked potatoes, use a mealy, flaky variety of potato; for salads, creaming, and the like, use firm, waxy kinds that hold their shape.

Get the Good From Potatoes

- Best way to get most food value from potatoes is to cook them in their jackets.

- And of the two ways of cooking potatoes in jackets, boiling conserves more vitamins than baking.

- So—start with potatoes "boiled in their jackets" whether you're serving them parboiled, mashed, creamed, hash-browned, or in salad.

- When raw potatoes are called for, as in scallop or soup . . . keep the peelings thin.

- Peel potatoes just before you cook them . . . don't let them soak. If you must peel them ahead of time, put them in salted water.

- Best way to serve all potatoes is quick-cooked and steaming hot, for the longer they stand exposed to the air, the more vitamin C they lose.

- But if you have left-overs, save them to start a good dish for another meal. And be sure to keep them covered and in a cold place till you're ready to use them.

Recipes in this folder are for 6 servings

☆ ☆ ☆ POTATOES FOR EVERY DAY ☆ ☆ ☆

Boiled in Jackets

First of all scrub the potatoes, then drop them into a kettle of boiling water . . . enough to cover them. Cook covered until tender; drain at once so the potatoes won't get waterlogged.

Peel and season with table fat, meat drippings, or gravy, salt and pepper to taste. Or eat skins and all if they are small new potatoes.

Quick Mashed

Peel 6 medium-sized hot cooked potatoes. Mash thoroughly and quickly. Beat in hot milk a little at a time until potatoes are fluffy and smooth. Season with salt and pepper. If desired, add fat, finely chopped green pepper, pimiento, chives, or onion.

Creamed—Plain With Garnish

Peel and slice 6 medium-sized cooked potatoes. Make a white sauce by blending 3 tablespoons melted fat with 3 tablespoons flour; add 2 cups milk and 1½ teaspoons salt. Cook, stirring constantly, until mixture thickens. Add potatoes and heat.

For a "different" taste or added food value—grate a little onion or cheese into the sauce, or stir in cooked peas and carrots or chopped parsley just before serving.

For a baked dish.—Pour the creamed potatoes into a greased baking dish. Sprinkle the top with bread crumbs mixed with melted fat. Bake in a moderately hot oven (375° F.) 15 to 20 minutes or until crumbs are brown.

Potato Scallop

6 medium-sized potatoes.	Pepper.
2 tablespoons flour.	2 tablespoons fat.
1½ teaspoons salt.	2 cups hot milk.

Peel and slice the potatoes. Put a layer of potatoes in a greased baking dish. Sprinkle with part of flour, salt, and pepper. Dot with fat. Repeat until all the potatoes are used. Pour in the milk—use very fresh milk or it may curdle. Bake in a moderate oven (350° F.) for 1 hour or until the potatoes are tender and browned on top. Add more milk if the potatoes get dry.

The Perfect Baked Potato

Wash and dry potatoes of uniform size. Bake in a hot oven (425° F.) 40 to 60 minutes or until tender.

If you want the skin to be soft, rub a little fat on the potato before baking.

Cut crisscross gashes in the skin of the baked potato on one side. Then pinch the potato so that some of the soft inside pops up through the opening. Drop in meat drippings, bits of crisp-cooked salt pork, or table fat.

Save fuel by baking potatoes when you oven-cook other food. If a moderate oven is called for, allow a little extra time for the potatoes to bake.

Stuffed.—For an extra special, cut large baked potatoes in half lengthwise. Scoop out the inside. Mash; add fat and seasonings. Stir in hot milk and beat until fluffy and smooth. Stuff back into potato shells, brush top with melted fat, and brown in a hot oven.

For a main dish, add chopped left-over cooked meat or grated cheese.

Fried, Country Style

Peel, and slice thin, enough raw potatoes to make 1 quart. Put in a frying pan with 2 tablespoons of melted fat or meat drippings. Cover closely. Cook over medium heat 10 to 15 minutes or until browned on the bottom. Turn and brown on the other side. If desired, brown a little chopped onion in the fat before adding the potatoes.

Roast Potatoes

Peel medium-sized potatoes and place around meat in roasting pan during the last hour or hour and a half of cooking the meat. Turn and baste potatoes occasionally with meat drippings.

Potato Pancakes

Grate 2 cups raw potatoes and mix immediately with ¼ cup milk. Add 1 egg, beaten slightly, 2 tablespoons flour, 1 teaspoon salt, pepper, and 1 tablespoon finely chopped onion. Drop from a tablespoon onto a greased frying pan. Cook until well browned and crisp on both sides. Serve hot.

HEARTY SOUPS AND SALADS

Quick Potato Soup

3 cups cubed potatoes. 1½ cups boiling water.
2 tablespoons chopped 4 cups milk.
 onion. 1½ teaspoons salt.
2 tablespoons fat. Pepper.

Cook the potatoes, onion, and fat in the water until the potatoes are tender. Add the milk, salt, and pepper. Heat and serve.

Potato Soup With Oatmeal

4 cups meat stock, or use ½ cup chopped celery.
 bouillon cubes. ½ cup rolled oats.
2 cups diced potatoes. ½ to 1 cup cooked
½ cup sliced onions. tomatoes.
1 cup sliced carrots. Salt and pepper.

To meat stock add potatoes, onions, carrots, and celery. Bring to boiling point. Gradually stir in the rolled oats. Simmer 20 minutes or until vegetables are tender. Add the tomatoes. Season with salt and pepper and heat.

Potato Hot Pot

3 cups sliced or diced potatoes. 3½ cups tomatoes.
1 medium-sized onion, sliced. 1½ teaspoons salt.
2 tablespoons fat. Pepper.

Cook the potatoes and onion in the fat 10 minutes. Add the tomatoes, salt, and pepper. Cover and simmer 25 to 30 minutes, or until potatoes are tender.

For variety, add a cup of cooked green beans during the last 10 minutes of cooking, or add a dash of chili powder or a few sprigs of thyme, or sprinkle with a little grated cheese, just before serving.

Potato Salad

Hot.—Cook ¾ cup diced salt pork until crisp. Add ¼ cup vinegar, ¼ cup water, 1 medium-sized chopped onion, and 1 quart cubed cooked potatoes. Season with salt and pepper. Heat well.

Cold.—Slice or dice cold cooked potatoes. Season with salt, chopped onion, and salad dressing. If desired, add sliced hard-cooked eggs.

GIVE LEFT-OVERS A "LIFT"

Hash Browned

Add chopped cooked potatoes to a little fat in a frying pan. Season with salt and pepper. Moisten with water—about ¼ cup for 4 cups potatoes. Cook over low heat until brown on the bottom—don't stir. Serve folded in half.

Potato hash.—Add chopped cooked meat and enough gravy or hot water to moisten. Brown on both sides.

Potato Cakes

Shape cold mashed potatoes into small cakes; roll in flour. Fry golden brown in a little fat. For variety, add to the mashed potatoes chopped cooked meat or fish, or grated cheese.

Potato Crust

Line a baking dish with mashed potatoes. Fill center with vegetable stew and left-over bits of meat or fish. Cover with mashed potatoes. Bake in a hot oven (400° F.) until hot through and brown on top. If you have just a little potato, make only the upper crust.

Potato Puff

To 3 cups mashed potatoes, add 1 egg yolk, hot milk to moisten, 2 tablespoons melted fat, salt, and any other seasoning you like. Beat well. Then fold in 1 stiffly beaten egg white. Pile lightly into a greased baking dish. Bake in a moderately hot oven (375° F.) 30 minutes or until puffy and brown.

Potato Griddle Scones

2 cups sifted flour. 3 tablespoons fat.
1 teaspoon salt. 1 cup cold mashed potatoes.
3 teaspoons baking 1 egg, beaten.
 powder. ⅓ cup milk (about).

Sift together flour, salt, and baking powder. Cut in fat with 2 knives or a pastry blender. Blend in the potatoes. Mix egg and milk; add to first mixture. Mix slightly. Roll ⅜ inch thick and cut into squares. Bake slowly on a hot greased griddle or frying pan. Turn several times to cook through. Makes 10 to 12.

For a main dish, pour creamed left-over meat or fish or vegetables over the scones.

Store Spuds Cool and Dark

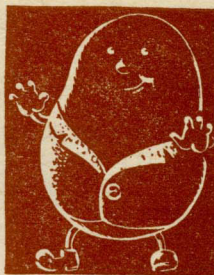
- Best potatoes for storing are the late crop. But early potatoes will keep several weeks if stored properly.

- Sort before you store. Take out the decayed potatoes and set aside any bruised or cracked ones to use up first.

- Keep potatoes cool but not cold—at temperatures between 40° and 60° F., but don't let them freeze. Stored below 40°, potatoes may acquire a sweetish taste because some of the starch turns to sugar. Sometimes you can restore the flavor of such potatoes by putting them in a warmer place for a week before using.

- Keep potatoes dark . . . they like a blackout. Light gives them green spots that are harmful to eat. And although you can cut off the greenish part and eat the rest, it's wasteful. So cover your stored potatoes well with cloth or paper.

- You can eat sprouted potatoes if you peel them. But never eat the sprouts. They have the same harmful substance contained in green spots.



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